

Compassion, Reciprocity, and Healing --



The Transformative Power of *Tonglen*

February 8-10 (Friday Evening -- Sunday lunch)

A Residential Retreat at The Whole Health Center in Bar Harbor

Tonglen (which means giving and receiving) is part of the great compassion tradition of Buddhism -- and expresses the profound reciprocity of self and other.

The principles and the techniques of this Tibetan practice go to the heart of what activates us: Of what shuts us off from others or from ourselves -- even from life. Or of what allows us to open, heal, and enlarge our field of living and feeling -- embracing more of our experience, and with more compassion and empathy for others and for ourselves.

To define ourselves not by our separateness, but by our reciprocity.

This relaxed but focused retreat format offers us the time, the support, and the safety to systematically learn this meditative art of embracing our own issues of difficulty or pain (old and new) -- as well as the pain of the world or of our loved ones.

And to then open gradually into a more integrated sense of presence, a wider field of compassion, and a greater capacity for healing and responding.

We welcome you to join us for this gentle weekend retreat of quiet reflection, practicing, and sharing together.

Full cost for this retreat is \$195. Let us know if scholarship help is needed.

**For questions or for registration contact:
The Whole Health Center at 207-288-4128
or: info@thewholehealthcenter.org**

